40200 Utica Road - Sterling Heights

(586) 446-2750 Office

(586) 446-2766 Gym



Mayor - Michael C. Taylor Mayor Pro Tem - Liz Sierawski Council: Deanna Koski, Michael V. Radtke Jr., Maria G. Schmidt, Henry Yanez and Barbara A. Ziarko City Manager - Mark D. Vanderpool

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Senior Center Summer Closure Dates

- 7/04 Independence Day
- 7/24 7/29 Sterlingfest
- 9/02 9/04 Labor Day

Cancellation Hotline: In the event of inclement weather, please call (586) 446-2693 for a list of programs that have been cancelled or delayed.



Warm weather and longer days are here! It's time to get up, get out and take steps to aging well. We are lucky to live in an area surrounded by many outdoor amenities and events to ward off boredom. This season Sterling Heights Parks and Recreation 50+ programming is also offering a variety of options, so read through this publication, find something that's new and try it out! The hours at the Senior Center have been extended on Saturday from 9 a.m. - 5 p.m. and there are programs beyond gym activities, walking track and cardio room. A great place to cool off on a hot day!

The staff are continually looking for ways to help our patron's age well. Recently the Administration for Community Living gave four tips on how to find fulfillment as we age that we thought were worth sharing.

Tip #1: Embrace the opportunity to change. Find a new passion, go on an adventure and push boundaries by not letting age define your limits. Invite creativity and purpose into your life by trying new activities in your community to bring in more growth, joy and energy.

Tip #2: Explore the rewards of growing older. With age comes knowledge, which provides insight and confidence to understand and experience the world more deeply. Continue to grow that knowledge through reading, listening, classes and creative activities.

Tip #3: Stay engaged in your community. Everyone benefits when everyone is connected and involved. Stay active by volunteering, working, mentoring, participating in social clubs and taking part in activities at your local senior center or elsewhere in the community.

Tip # 4: Form relationships. As an essential ingredient of well-being, relationships can enhance your quality of life by introducing new ideas and unique perspectives. Invest time with people to discover deeper connections with family, friends, and community members.



Check out the article on the back page to find out how we are celebrating Senior Center Month and beyond!

IMPORTANT Registration Info.

Please use the guidelines below to help ease confusion and congestion when registering for 50+ programming:

- To avoid program cancellations, please register early.
- Registration for 50+ programs can be done online, by mail, fax, email or in person at the Senior Center or the Community Center.
- Resident-only registration begins on the date and time listed. Non-resident registration begins the following day at the same time. This allows residents 24 hours to register before non-residents.
- Any 50+ programs listed with a reference number in the **City Magazine** (typically exercise classes, Grand Connections, etc.) will open on the date and time listed in the magazine.
- Programs in the Fifty Plus Post publication, with a reference number and a specific registration date listed (typically travel programs, parties, etc.), will open at 2:15 p.m. on the date listed. Numbers will be given out starting at 2 p.m. for in-person registrations.
- Programs advertised only in the **Fifty Plus Post**, with a reference number but not a specific date listed for their registration, open at **9 a.m.** the first Wednesday of the month for the publication cycle. For this edition it will be **7/05/23**.
- Please make sure to put down a correct email address since receipts and correspondences will be sent via email. If you do not have email, please note that on your registration form.

Registrations cannot be taken over the phone.

Stay Connected:



: www.mvshpr.net



: facebook.com/myshpr



: @sterlingheights



myshpr



Visit myshpr.net and sign in or create an account to register online (credit card payments only).



= indicates programs that are not available for online registration.

Mail

Fill out the registration form and mail it along with payment to: Sterling Heights Senior Center 40200 Utica Rd.

Fax

Fill out the registration form and fax it to: (586) 276-4066.

Sterling Heights, MI 48313

Email

Fill out the registration form, scan it, and email to: seniorcenter@sterling-heights.net

In Person

Fill out a registration form (on page 30, online, or at the Senior Center) and bring it along with payment to the Center.

Payment Information:

We are currently VISA Master







accepting cash, credit cards, and checks.

Checks should be made payable to: "Treasurer, City of Sterling Heights"

Note: There is a \$30 fee for checks returned with non-sufficient funds.

MEMBERSHIPS

If you haven't already become a member, what are you waiting for? Membership gives full access to all of our drop-in style programming and many other programs at no additional charge. That is over 45 programs! The cost is still only \$16 resident / \$32 non-resident and is good for one full year from date of purchase. Becoming a member is easy, just fill out the registration form on page 30 and bring it into the Senior Center along with your form of payment. When registering, a photo will be taken and a key tag will be given to use for quick access into the Senior Center. It is that easy! Class and trip fees are not covered by the membership. Members must register for programs even if the information mentions the cost for programming is free for members. Don't delay, join in on the fun today!

SINIOR CHATTER SAMPLER PASS

For those just wanting to try a membership before buying, a Senior Center Sampler Pass may be more your speed. The pass allows individuals over the age of 50 the opportunity to enjoy all the benefits of a Senior Center membership for 7 calendar days from the date of purchase. Do you have an out-of-town quest visiting? This pass is a perfect way for them to enjoy a week at the Center with you! The cost is \$8 for residents and \$16 for non-residents with a limit of one pass per person per calendar year. If a Senior Center membership is bought within 30 days of purchasing the pass, the cost of the pass will be discounted from the price of the membership. This is one deal you won't want to pass up!

Sterling Heights Minibus Service is a 55MART way to travel

Curb-to-curb transportation service is offered Monday - Friday until 3:30 p.m. and after 4 p.m. for some Parks and Recreation programming and City Council meetings. Rides are available for residents over the age of 55 who do not drive or adults with disabilities. Spots are first come, first served and limited. Appointments taken up to two months in advance an, no same-day service is available. If you would like more information about our curb-to-curb transportation service, please contact the number below or visit **myshpr.net**.

To make an appointment: Call (586) 446-2757 Phone line answered Monday - Friday 9 a.m. – noon & 1 – 4 p.m. or email us at shprbus@sterling-heights.net



NEWS YOU CAN USE



MATTHEW BALL THE BOOGIE WOOGIE KID

Wednesday, July 12

THE RAMBLERS BAND

Wednesday, August 23

Don't miss out on the fun this summer! Concerts are open to all ages and no advanced registration is required. Rain or shine the Farmers Market Pavilion has us covered! Grab your grandkids, a friend or come on your own and enjoy an hour of great entertainment! Brought to the Center by:

DON'T FORGET TO BRING A CHAIR!

Cost: Free

Time: 10:30 a.m.

Location: Dodge Park Farmers Market Pavilion

DINING SENIOR STYLE

Monday – Friday

Tickets sold 10:30 - 11:30 a.m.

(Meal tickets available in Room 4 & are first come, first served)

Food served 11:30 a.m. – noon

Anyone 60 years of age and over can receive a meal for a suggested donation of \$3 per meal (\$6.50 for those under the age of 60). This program is brought to the Senior Center thanks to a partnership with the Macomb County – Office of Senior Services and Area Agency on Aging 1-B. Dining Senior Style menus are available at the Senior Center and online at **myshpr.net** (Menu items may be subject to change without notice).

GRAND CONNECTIONS

Strengthen the bonds between generations, make lifelong memories and have some fun!

Grab your grandchild and join us!

Bocce Ball with your Grand!

Monday, July 10 10 a.m.

Check out the new indoor facility and get some exercise while playing Bocce Ball with your grand! No experience necessary! Each participant will receive a snack and a goody bag! **Reaister by July 3.**

Cost: \$8 Resident / \$12 Non-resident

Ages: 6 & up **Ref. #: 6002.202**

Location: Bocce Barn (Behind the Senior Center)

Archery at the Nature Center

Tuesday, August 22 10 a.m.

Each grandpair will learn and practice fundamentals of archery from a certified USA Archery instructor, have time to explore the Nature Center and enjoy a snack. Equipment will be



provided. For this program we are asking there only be one adult per child. Please dress for the weather as the archery portion of the program will be outside; closed toe shoes required to participate. *Register by August 14*.

Cost: \$8 Resident / \$12 Non-resident

Ages: 8 & up **Ref.** #: **6002.203**

Location: Nature Center

OAKMONT.

Sterling



Sterlingfest is back and will be a feast for the senses: see the art, hear the music and taste the food! For a full schedule of events, go to sterling-heights.net. Shuttles will be available from several locations along Dodge Park Road.

The Senior Center and SMART minibus service will be <u>closed</u> during the festival.



Daytime commitments causing you to miss out on 50+ programming? No worries, we have you covered! Check out the After 5:00 Programming drop-in schedule below. We have also added additional programming on Saturdays, see page 16 for *all* the new additions. We also have evening fitness classes, lifelong learning

presentations and more! Scroll through this publication to find something that fits your interests. Looking for something particular and don't see it? Email seniorcenter@sterling-heights.net or call (586) 446-2750 and let us know your ideas.

After 5:00 Drop-in Schedule (subject to change).

- *Concan/51 (pg. 15): Monday *Thursday
- *Drop-in Cards: Tuesday and *Thursday
- *Mexican Train Dominoes (pg. 14): Wednesday
- *Rummikub / Hand & Foot (pg. 14): Tuesday
- *Scrabble (pg. 14): Monday
- *Sit-n-Stitch (pg. 22): Wednesday

*Thursdays beginning September 7

Summer Featured After 5:00 Programming

- *Fall Prevention with ATI Physical Therapy (pg. 10)
- *All About VA Benefits (pg. 12)
- *Turning 65? New to Medicare (pg.13)
- *Matter of Balance with AAA 1-B (pg. 11)

MUSIC the Park

Thursdays at 7 p.m.

Dodge Park Amphitheatre

July 6

WayBack Machine

(Classic Rock)

& Cool Car Show

July 13

Lazo & Exodus

(Reggae)

July 20

Class of '98 (90's)

August 3

Family Tradition

(Country Rock)

August 10

Kathleen Murray and the Goove Council

(Party Band)

& Movie in the Park

August 17

Magic Bus (Woodstock Era)

August 24

Your Generation
(Party Band)



(Until September 28)

NEWS YOU CAN USE

HALLOWEEN COSTUME PARTY

Friday, October 27

11:30 a.m. - 2:15 p.m. (Doors open for the party at 11:15 a.m.)

We are never too old for a costume party! Get creative, dig around in your closet and find something amazing to wear to our annual Halloween Party. Our favorite D.J., John from High Fidelity Sounds, will be spinning the tunes, so don't forget your dancing shoes! A catered meal* will be provided by Century Banquet Center (grilled chicken breast with orange and yellow peppers,



corn with baby carrots, roasted garlic sweet potatoes, salad, fruit, roll and dessert). Beverage options will include water, milk, soda or a cup of coffee. **Last day to register is October 11.**

Cost: \$20 Resident / \$24 Non-resident

Ref. #: 6003.500

Location: Community Center

*Meal provided in partnership with the Office of Senior Services & the Area Agency on Aging 1-B.



Fridays, July 7 – August 4* or Fridays, August 11 – September 1 10 a.m. - noon

Free ESL classes now available at the Center. Please register for a four-week session at **myshpr.net** or in person at the Center. Brought to the Center by:

Cost: Free

July Ref. #: 6002.221 *No Class July 28

August Ref. #: 6002.222 Location: Senior Center





Wednesdays, July 12, August 9 & September 13

If you are caring for someone with dementia, who is caring for you? You are not alone. Join us the second Wednesday of **each** month for this support group that is specifically designed for families and caregivers. This group will help you learn more about the disease as well as understand the changes dementia has made on their lives. Brought to the Center by:

PROMEDICA MEMORY CARE

Cost: \$3 Residents / \$5 Non-residents (members free)

Ref.#: 6002.205

Location: Senior Center



Wednesdays, September 20, October 11 & November 1

9:30 - 11:30 a.m.

Don't get stuck at home with the Flu, get your shot at one of the Center's three clinics this Fall! In order to expedite the process on clinic days, please register in advance! New this year: RSV vaccine, Pneumonia vaccine and COVID boosters will also be available. All individuals wanting to get vaccinated will need their insurance card(s) the day of the clinic. For more information or to make an

appointment call (586) 446-2750. *Brought to the Center by:*

Cost: Free (Registration required)

Location: Senior Center



OLDER ADULT

ADVISORY COMMITTEE

Monday, August 21 10 a.m.

The Sterling Heights Senior Center will be hosting the Macomb County Board of Commissioners' Older Adult Advisory Committee (OAAC) for their monthly meeting. This advisory committee is composed of older adults designated to serve by commissioners, representing each Commission District and up to four at-large members. Meetings are held monthly to learn and inquire about challenges, trends, concerns and opportunities affecting older adults in Macomb County. For more information visit: https://bocmacomb.org/older-adult-advisory-committee/.

Cost: Free

Location: Senior Center



Join the Back-to-Back Winning Team!

Are your spelling skills buzzworthy? Be a part of the Sterling Heights Senior Center 2023 Spelling Team. The team works together against other senior centers and the Center with the most spellers at the end of the competition wins! Sterling Heights is hosting this year's event on Friday, October 13.

A list of words will be provided to each participant and practices will begin in August for those wishing to study as a team. If you are interested in joining the team, please call the Senior Center at (586) 446-2750. **Deadline to sign up is Friday, July 21.**



STRIKE UP FRIENDSHIPS. JOIN TODAY!

Get friends together and join fellow bowlers for a season of fun! The 28-week league meets at 9:30 a.m. on Mondays at 5 Star Lanes, starting September 11, 2023. The cost to register is \$17 Resident / \$25 Non-resident with only \$8 per week collected on site. The cost includes 3 games, mystery games, holiday luncheon and end-of-season awards! Teams of four (no more than 3 men or 3 women on a team), individual bowlers and substitutes welcome! **Deadline to register is July 21.**

Ref. #: 6003.503

Location:





Do we have your email address??

Program changes and updates get emailed. Be sure to check your inbox for any updates from City of Sterling Heights

Parks and Recreation. If we don't have your email address, please email us at seniorcenter@sterling-heights.net.



Save the date for our annual Holiday Party. This year the party will be held on Friday, December 8, at the Community Center.



Thursday, October 26, Thursday, November 16 & Thursday, December 7

To schedule an appointment, call (800) 803-7174 and request an appointment at the Sterling Heights Senior Center.

Feeling overwhelmed about Medicare open enrollment? Wondering if you have what is "right" for you? Then join us at one of our Medicare Open Enrollment events. Have your Prescription Part D reviewed by a certified counselor from the Area Agency on Aging 1-B. They can also review supplemental Medicare insurance policies to determine if you are in the "right" policy. Appointments must be made in advance and will last approximately an hour.

Cost: Free

Location: Senior Center

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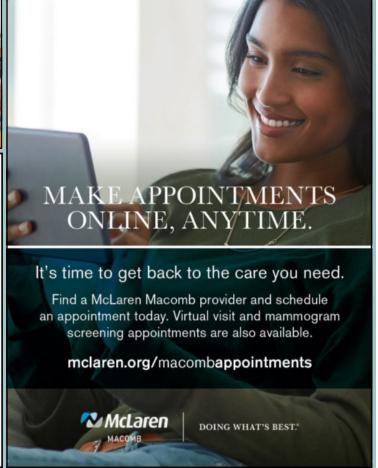
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RESOURCES AND SERVICES



Foot & Nail Care

Thursdays, July 6 & 20, August 10 & 24 and September 7 & 21

Podiatrist Dr. Paul Mallamo can help with bunions, heel pain, nail problems, diabetes or other conditions. These services are covered by most insurances and Medicare. **Please note:** this is not a free screening; you must bring your insurance & Medicare cards with you. **Call the Center to schedule a 20-minute appointment.** Appointment times begin at 9 a.m.

Cost: Medicare & Co-insurance accepted plus

\$3 Residents / \$5 Non-residents (members free)

Location: Senior Center



Wednesdays, September 13 & October 11

Aches? Pains? Poor circulation? Reflexology is a holistic health treatment that increases circulation throughout your body, decreases inflammation, and calms your nervous system which activates your body's healing mechanisms. To schedule an appointment, call or text Heidi Allan, Certified Reflexologist, at (586) 321-2840.

Cost: \$20 / 20 minute session plus

\$3 Residents / \$5 Non-residents (members free)

Location: Senior Center

GOT MEDICARE QUESTIONS?

Wednesdays, July 19, August 16 and September 20 Appointments start at 9 a.m.

New to Medicare? Questions on Part D, Advantage Plans, Medigap? Questions on Medicare charges & coverage? A Certified Medicare Counselor from the Michigan Medicare Medicaid Assistance Program (MMAP), a service of the Area Agency on Aging 1-B, is now available at the Sterling Heights Senior Center to help you get answers. **One-on-one appointments are free of charge and must be scheduled in advance by calling (586) 446-2750.**

Cost: Free

Location: Senior Center

Veterans Benefit Outreach

MMAP, Inc.



Fridays, July 21, August 18 & September 15

The Macomb County Office of Veteran Services provides one-on-one appointments to Veterans and their spouses. Get questions answered or assistance with filling out paperwork for Service Connected Compensation, Veterans Pension with Aid and Attendance, VA Health Care, etc.

Please call (586) 446-2750 to make an appointment or to get more information.

Cost: Free

Location: Senior Center



Wednesdays, July 19, August 16 & September 20 9 - 10 a.m.

Blood pressure checks are offered the 3rd Wednesday of every month. No appointment necessary, just drop in to get checked. **Brought to the Center by:**

Location: Senior Center





Office of Senior Services

Wednesday, August 9 Appointments start at 9:30 a.m.

Eleana Loy, Macomb County Office of Senior Services Advocate, will be at the Senior Center to answer questions and to help connect patrons with available services. For more information or to make an appointment, call (586) 446-2750.

Cost: Free

Location: Senior Center

Periume-Free Zone

Please do not use perfume or cologne when visiting the Center (including the gym, Cardio Room and walking track). Many of our patrons have respiratory problems, allergies and sensitivities that can be triggered by scents. Thank you for your cooperation!



Fridays, July 14, August 11 & September 8

Got questions about your phone, tablet or laptop? Skyler from Pine Ridge of Hayes will be here to help answer any tech questions you may have! **Call the Center to schedule a 15-minute appointment.** Appointment times begin at 9:30 a.m.

Cost: \$3 Residents / \$5 Non-residents (members free)

Location: Senior Center





Tuesday, September 26 1 – 7p.m.

Help make sure that blood is there when needed at a moment's notice! To schedule an appointment, please call 1-800-733-2767 or log onto RedCrossBlood.org and enter sponsor code: **sterlingheightscity**, to save lives!

Location: Senior Center



Healthy Living for Your Brain

Thursday, August 17

Join Arden Courts of Sterling Heights to learn ways to help keep your brain healthy and diminish the risk for developing Dementia. We will discuss how to live a healthy lifestyle through diet, exercise, mental stimulation and an active social life.

Brought to the Center by:

ARDEN COURTS

Cost: Free (Registration required) PROMEDICA MEMORY CARE

Ref. #: 6002.223

Location: Senior Center



Join Lorraine Cusumano from Henry Ford Health as she walks through the maze of diets and helps us to gain a better understanding of the key concepts behind many of them.

Brought to the Center by: HENRY

HENRY FORD HEALTH

Cost: Free (Registration required)

Ref. #: 6002.224

Location: Senior Center

Fall Prevention

Tuesday, September 12 6 p.m.

Gain an understanding about the prevalence and risk factors associated with falls, especially in the home. Take steps to limit fall hazards in daily life and assess fall risks in order to prevent falls from occurring. **Brought to the Center by:**

Cost: Free (Registration required)

Ref.#: 6003.201

Location: Senior Center

Save the date: Recovering from Falls on October 24 at 10 a.m.

Veteran Affairs Benefits

Wednesday, September 13 2 p.m. *OR* Tuesday, September 19 6 p.m.

Are you a veteran, or the surviving spouse of a veteran, over 65 years of age? If so, you may be eligible for a little known monthly cash benefit from Veteran Affairs to help offset the cost of your necessary health care. Learn how the benefit can work for you while living in your own home or if you are considering a move to an independent or assisted living community. If you are not eligible today, it is important for you to understand when you may become eligible so you don't miss even one month of eligibility.

Cost: Free (Registration required)

Sept. 13 Ref. #: 6003.202 Sept. 19 Ref. #: 6003.203 Location: Senior Center

Turning 65? Time for Medicare!

Tuesday, September 26 6 p.m.

Are you approaching age 65? Bet you're swamped with info about enrolling in one of the many Medicare insurance options. Whether you're still working or already retired, one of the biggest issues you will face at 65 and beyond is health care. No matter if you're a millionaire or on a fixed budget, it's important that you understand your Medicare benefits, choices and restrictions. **Brought to**

the Center by:

MMAP, Inc.

Cost: Free (Registration required)

Ref.#: 6003.204

Location: Senior Center

PHYSICAL THERAPY



Tuesdays, September 26 – November 14 5 – 7 p.m.

Do you have concerns about falling?

Many older adults experience concerns about falling and restrict their activities. This award-winning, eight-week program is designed to manage falls and increase activity levels. You will learn to view falls as controllable, set goals for increasing activity, make changes to reduce fall risks at home, as well as exercise to increase strength and balance. Participants will engage in activities including: group discussion, brainstorming, problem-solving, skill-building, assertiveness training, and some simple exercises. Space is limited; sign-up early!

Aging 1-B

Cost: Free (Registration required)

Brought to the Center by:

Ref. #: 6003.205

Location: Senior Center

Medicare Open Enrollment Q & A

Wednesday, October 4 10 a.m.

Medicare Open Enrollment is coming! Medicare's annual Open Enrollment period is October 15 through December 7. What does this mean for you? Get your questions answered regarding annual Medicare choices and options with the Michigan Medicare/ Medicaid Assistance Program.

Cost: Free (Registration required)

Ref.#: 6003.207

Location: Senior Center



National Council on Aging

Mondays, September 25 – December 4* 2 - 3:30 p.m.

Want to Age Well? The Aging Mastery Program® (AMP) is a 10 week period designed to provide baby boomers and older adults with tools to improve their well-being and celebrate longevity. It is about feeling better now and staying healthy for the future ahead! The AMP encourages individuals to set personal goals around many aspects of their lives including exercise, nutrition, finances, medication management, advanced care planning, community engagement, and healthy relationships. Participants will create their own plan for aging well by developing attainable goals, sustainable behaviors, and strengthening ties to the community. The program philosophy is that small lifestyle changes can produce big results that will cultivate health and longevity. The program incorporates evidence-informed materials, expert speakers, group discussion, peer support and small rewards to achieve measurable improvements in the management of their health, economic security, and their contributions to society. Brought to the Center by the Area Agency on Aging 1-B.

Cost: Free (Registration required)

Ref.#: 6003.206

Location: Senior Center *Not meeting October 9

Powerful Tools aregivers

Thursdays, October 12 – November 16 10 a.m. – noon

Are you feeling overwhelmed with your daily tasks and not "caring" for yourself in the process? This is a six-week educational program designed to help family caregivers take care of themselves while caring for a relative or friend. Participants will benefit from this class whether helping someone who lives at home, in a nursing home or across the country. **Brought to the Center by:**

Aging 1-B

Cost: Free (Registration required)

Ref. #: 6003.208

Location: Senior Center

MMAP, Inc.

FUN AND GAMES



Fridays, July 14, August 11 & September 8 Play begins at 10 a.m.

(Those not signed in by 9:30 a.m. will forfeit their guaranteed spot.)

If you enjoy Euchre, come down to the Center for our monthly tournaments. Play runs until approximately 12:30 p.m. **Players must be registered by noon the day before to be able to play, no same-day registration.** (Any unclaimed prize money will be forfeited after sixty days.)

Cost: \$3 Residents / \$5 Non-residents (members free)

Bring \$2 on tournament day for game play.

July Ref. #: 6002.314
August Ref. #: 6002.319
September Ref. #: 6003.300
Location: Senior Center



Fridays, July 21, August 25 & September 15 Play begins at 10 a.m.

(Those not signed in by 9:30 a.m. will forfeit their guaranteed spot.)

Do you play single deck Pinochle? Join us for our monthly tournaments. Play runs until approximately 12:30 p.m. **Players must be registered by noon the day before to be able to play, no same-day registration.** (Any unclaimed prize money will be forfeited after sixty days.)

Cost: \$3 Residents / \$5 Non-residents (members free)

Bring \$2 on tournament day for game play. July Ref. #: 6002.315 August Ref. #: 6002.320 September Ref. #: 6003.301

Location: Senior Center



Tuesdays, July 11 & September 12 Bingo starts at 10 a.m.

(Cards sold 9:15 - 9:45 a.m.)

Join us for Bingo! Players must be registered by noon the day before to be able to play, no same-day registration. When participants arrive on the day of Bingo, they will need to purchase their cards*. These will be paper cards that will be played on only once. Bring your own dauber or buy one at the Senior Center for \$2. We will play 6 regular games and 1 coverall game. Space is limited, so register "B4" it's too late! *No Bingo in August.*

Cost: \$3 Residents / \$5 Non-residents (members free)
Cards cost: *25 cents per pack – Regular Bingos – No limit
\$1 per coverall card – No limit

July Ref.#: 6002.311 September Ref. #: 6003.302

Location: Senior Center

Rummikub or Hand & Foot



Tuesday at 5:30 p.m.
Thursday at 1 p.m. & Saturday at 11 a.m.

Rummikub is a tile-based game and Hand & Foot is a fun card game. Both games combine elements of the card game Rummy and Mah-Jongg. **No Play 7/04, 7/25, 7/27, 7/29 or 9/02**

Mexican Train



Monday at 11 a.m. Wednesday at 5:30 p.m. & Saturday at 11 a.m.

Enjoy time with others and have some fun playing Mexican Train Dominoes. This is one train you don't want to miss! No experience necessary. **No Play 7/24, 7/26, 7/29, 9/02 or 9/04**

Scrabble



Monday at 5:30 p.m. Wednesday at 9 a.m.

Challenge your brain, meet new friends, and join in on a fun game of Scrabble! **No Play 7/24, 7/26 or 9/04**



If you don't see your favorite game, or maybe it isn't at a convenient time for you, let us know. We would love to get additional groups going if space is available.

No Play 7/04, 7/24 - 7/29, 9/02 or 9/04 All of the games listed below are for



Bridge

Monday, Tuesday, Thursday, and Friday at 9:30 a.m.

Do you play Bridge or need a partner? Call the Senior Center at (586) 446-2750 if you are interested.

Canasta

Friday at 10:30 a.m.

Canasta is a card game in the Rummy family of games. All are welcome to learn and /or refresh if you haven't played in a while!

Concan (51)

Monday - Saturday at 11 a.m. Monday - Wednesday at 6 p.m.

Concan is also known as Conquian and is the Arabic version of Rummy.

Euchre

Wednesday at 9 a.m.

Euchre is a trick-taking game with a trump, played by four players in teams of two. Each player plays one card; the highest card of the suit led wins the trick, unless someone has played a card of the trump suit.

Pinochle

Monday & Wednesday at 10 a.m. Tuesday at 9 a.m.

Pinochle is a trick-taking and melding game played with 4 players and a deck of 48 cards. (Monday & Wednesday Cost: \$1.50)

Up & Down the River Tuesday at 9 a.m.

This game is known by different names to different people; Oh Heck, Peanuts, etc.



Fridays, August 4 & September 1 10 a.m.

Meet new friends and join the fun, newcomers are always welcome!! No experience is needed to play this fast-moving dice game. Players must be registered by noon the day before to be able to play, no same day registration.

Cost: \$3 Residents / \$5 Non-residents (members free) *Bring \$2 with you that day for game play.*

August Ref. #: 6002.318 September Ref. #: 6003.303

Location: Senior Center



Monday at 1:30 p.m. Thursday at 9:30 a.m. Saturday at 11 a.m.



Mah-Jongg is a game played with tiles that include Chinese figures and a card that indicates the arrangement of tiles to win a game. No experience necessary; all levels of players welcome! This is a wonderful opportunity to learn how to play. Please commit to coming for three consecutive weeks if you wish to learn.

No Play 7/04, 7/24, 7/27, 7/29, 9/02 or 9/04

50 + PROGRAMMING WEEK-AT-A-GLANCE SUMMER 2023

Please see program details for times, location and how to participate.	M	Т	W	Th	F	S
Arthritis Exercise (pg. 21)			6			
Badminton (pg. 18)	63					
Basketball (pg. 18)	63		6			
Billiards (pg. 22)			6			
Bridge (pg. 15)		63				
Bocce Ball (pg. 18)						
Canasta (pg. 15)						
Cardio Room (pg. 18)			6			
Chair Yoga (pg. 21)	63		6			
Chair Zumba Gold (pg. 20)						
Concan (51) (Pg. 15)			6 3			
Cornhole (pg.18)						
Dining Senior Style (pg. 4)			63			
Euchre (pg. 15)						
Gentle Yoga for Beginners (pg. 21)						
Get Together	63					
Line Dancing (pg. 20)						
Mah-Jongg (pg. 15)						
Mexican Train Dominoes (pg. 14)						
Model Builders (pg. 22)						
Pickleball (pg. 19)						
Pinochle (pg. 15)			6			
Rummikub / Hand & Foot (pg. 14)						
Scrabble (pg. 14)			6			
Sit-n-Stitch (pg. 22)			63			
Stained Glass (pg. 23)						
Table Tennis (pg. 18)						
Tai Chi Chu'an (pg. 21)						
Up & Down the River (pg. 15)						
Walking Track (pg. 18)	6	63	6			
Woodcarving (pg. 22)			63			
Zumba Gold (pg. 20)	63					
Zumba Gold Toning (pg. 20)						

BOCCE BARN

The Bocce Barn will be closed July 24 – 30

The Bocce Barn will be reserved for 50+ scheduled activities and Senior Center members only from 9 a.m. – 4 p.m., Monday – Friday. 50+ patrons wishing to use the Bocce Barn are to first check in at the main Senior Center desk. See below for the Summer Bocce Barn schedule. During the evening and weekends, there will be blocks of time that the general public can play Bocce; advanced registration required to guarantee a spot to play. For specific times and to get more information on evening and weekend play, please visit **myshpr.net**. Please note that the Bocce Barn and courts are ADA compliant but there are no restrooms inside the facility. During 50+ play, the restrooms inside the Senior Center will be available. After hours, there will be an accessible portable toilet on site.

M	T	W	Th	F	Sat	Sun
50+ Cornhole 9 a.m 12 p.m. No play 7/10	50+ Bocce 9 a.m 12 p.m.	50+ Cornhole 9 a.m 12 p.m.	50+ Bocce 9 a.m 12 p.m.	50+ Cornhole 9 a.m 12 p.m.	Closed	Closed
50+ Cornhole 1 - 4 p.m.	50+ Bocce 1 - 4 p.m.	50+ Bocce 1 - 4 p.m.	50 + Bocce 1 - 4 p.m.	50+ Bocce 1 - 4 p.m.	Bocce General Public	Bocce General Public
Bocce General Public 5 - 9 p.m.	Bocce General Public 5 - 9 p.m.	Bocce General Public 5 - 9 p.m.	Closed	Bocce General Public 5 - 9 p.m.	12-6 p.m.	12-6 p.m.









For the latest gym schedule visit myshpr.net or pick up a paper copy at the Senior Center or Community Center.

MOVE YOUR BODY

Please carry in your athletic shoes; no street shoes are allowed in the gym, cardio room or on the walking track.



The Cardio Room offers 6 pieces of equipment to help get your heart pumping. Before visiting our Cardio Room, patrons must take a mandatory orientation class. Call the Senior Center Gym at (586) 446-2766 to schedule your orientation class or email seniorcenter@sterling-heights.net. We want all of our patrons to be safe and avoid injuries.

Monday - Wednesday*

(*Thursdays beginning 9/07)

9 a.m. - 7:45 p.m.

Thursday, Friday & Saturday 9 a.m. – 4:45 p.m.





The Senior Center is excited to introduce our newest amenity, the 50+ Outdoor Fitness Park which is a new way to make physical activity accessible to Center members. Exercising outdoors provides all the



physical benefits of indoor exercise (increased blood flow, improved cardiovascular health, strength, flexibility, endurance, etc.) and can also provide vital exposure to sunlight that increases important levels of vitamin D unlike indoor exercise. Members can utilize the park at their own risk, simply stop at the gym desk for a key card and enjoy!

Monday - Wednesday*

(*Thursdays beginning 9/07)

9 a.m. - 8 p.m.

Thursday, Friday & Saturday

9 a.m. - 5 p.m.

Sunday

Noon - 5 p.m.*

(*pick up key card inside Bocce Barn)

FUN, FITNESS

The Senior Center gym and Bocce Barn offer a variety of programs to keep members moving and having fun! These activities bring both competitive and recreational players. Equipment is available for use, or you may bring your own. Days and times for non-fitness class activities are on page 17 but can change, so please stay up-to-date by visiting the Parks and Recreation website (myshpr.net).

Cornhole



This bag-tossing game is commonly found at tailgating parties and is very easy to learn. Cornhole is open to all; no experience is necessary. *No play 7/10 9 a.m. - 1 p.m.

Badminton



Players of all levels are welcome to play a friendly game.

Bocce



This is a low impact, fun activity that is easy to learn. Bocce is a game for all ability levels.

Table Tennis



This is recreational play and all skill levels are welcome. Both single and doubles play is offered.

Basketball



Practice your shot or get a group together for a game.

Walking Track



Our 1/20th mile track is a great place to get in your steps, no matter what mother nature throws our way.

Monday - Wednesday*

(*Thursdays beginning 9/07)

9 a.m. – 7:45 p.m.

Thursday, Friday & Saturday 9 a.m. – 4:45 p.m.



Lessons

Pickleball 101: Intro for Beginners

Have you been wanting to see what Pickleball is all about? Participants in this one-day class will learn the basic rules, strokes and strategies of the game.

No prior experience necessary. Paddles and balls are provided.

Instructors: Jeff Ng or Chip Fazio

Day / Time: Tuesday 9:15 - 11:15 a.m.; Thursday 6 - 8 p.m.

Location: Senior Center Gym

 Dates:
 Tuesday, September 5
 Ref. #: 6003.100

 Tuesday, October 10
 Ref. #: 6003.101

 Thursday, October 19
 Ref. #: 6003.102

Cost: \$17 Resident / \$22 Non-resident

Pickleball 201: Mixers for Novice Players

Once you know the basics, you are ready to play in the "Mixers"! Start each class with a warm-up and drills to sharpen your game, then play games with similarly skilled players. Instructor will critique plays and offer tips and strategies. "Mixers" offers a comfortable environment for novice players to practice, play and meet new pickleball players. **Not for true beginners.**

Instructors: Jeff Ng or Chip Fazio **Day / Time:** Tuesday 9:15 - 11:15 a.m.

Location: Senior Center Gym

Dates: Tuesdays, September 12 - October 3 Ref. #: 6003.103

Cost: \$56 Resident / \$73 Non-resident

Pickleball 301: Skills & Drills for Intermediate Players

Learn effective techniques for serves, ground strokes, 3rd shots, lobs and overheads. Instructor will teach winning strategies including shot selection, communication, positioning and consistency. Players will perform drills and play games to improve skills in game situations. **Not for beginning players.**

Instructors: Jeff Ng or Chip Fazio

Day / Time: Tuesday 9:15 - 11:15 a.m.; Thursday 6 - 8 p.m.

Dates: Tuesdays, October 17 - November 7
Thursdays, October 26 - November 16
Ref. #: 6003.104
Ref. #: 6003.105

Cost: \$67 Resident / \$87 Non-resident

Leagues

Join our Pickleball Round Robin Ladder League! Players will play with and against division participants, changing partners after each game. Players will be scheduled and assigned a court based on the previous week's individual score. Standings will be kept and updated weekly during the 6 weeks of league play to determine a league champion (prizes awarded). Game play - three games to 15 points. Space is limited; if league is full, please add yourself to the wait list and substitute player list.

Co-ed Doubles Round Robin Ladder League

(Player Ranking: 2.5 +)

Dates: Wednesdays,
Sept. 13 - Oct. 18

Time: 12:30 - 2:30 p.m.

Cost: \$26 Resident / \$33 Non-resident

Ref. #: 6003.106

Location: Community Center

Substitute League Player

Cost: Free; *must register
Sub Ref. #: 6003.107

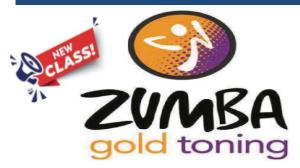
Open Play



At the Senior Center, we offer a variety of play times for each skill level. We have a rotating list of players so that players get to play a variety of fellow pickleball players. Please note that pickleball ratings are self designated, staff do not make the call. Players are allowed to come to one block of time per day. (I.e., a player may not play during the Intermediate time slot in the evening if they played during the Advanced time slot in the afternoon.) Please see the most current Senior Center gym schedule for play times. If playing with all levels during one time slot is more your speed, then check out the Sterling Heights Community Center gym schedule. Gym schedules can be found at either location and at **myshpr.net**. For a list of skills associated with each ranking, visit: usapickleball.org/tournaments/tournament-player-ratings/player-skill-rating-definitions/

Sterling Heights Parks & Recreation uses the following ratings: Beginner/Novice (1 - 2.5); Intermediate (3 - 3.5); Advanced(4+)

FITNESS CLASSES



This toning class focuses on muscle conditioning. It blends the Zumba party you love at a slower pace with a redefining total-body workout using Zumba Toning sticks to shake up those muscles!

Instructor: **Barb Wolcott** Location: Senior Center Day: Tuesday 10 - 11 a.m. Time:

Ref. #: Dates Res. / Non. Day \$42 / \$55 6003.134 Τ 7/11 - 8/29* **6003.108** T 9/05 - 10/24*\$42 / \$55

*No Class 7/25 or 10/10



Line dancing is an alternative way to be more active, meet new fiends, increase stamina and cardiovascular endurance and improve balance. Dance your way to better health! No experience is necessary. Bring a water bottle and wear comfortable clothing and athletic non-marking shoes.

Instructor: Carol Pakizer

Location: Community Center Tuesday – Intermediate Days:

Thursday – Beginner

11:30 a.m. Time:

Ref.#: Res. / Non. Dav **Dates** 6002.110 Τ 7/11 - 8/29* \$42 / \$55 Th \$30 / \$39 6002.111 8/03 - 8/31Т 9/05 - 10/24\$48 / \$63 6003.109 \$48 / \$63 6003.110 Th 9/07 - 10/26*No Class 7/25



Get grooving at your own pace! Zumba Gold is a high-energy, low-impact aerobic workout. Bring indoor-only, non-marking soled shoes.

Instructor: Peggy DiMercurio (M & F)

Dalya Markarian (T)

Senior Center Gym Location: Days / Time: Monday at 9:30 a.m.

> Tuesday at 6 p.m. Friday at 11 a.m.

Ref. #:	Day	Dates	Res. / Non.
6002.128	M	7/10 – 8/28*	\$42 / \$55
6002.129	Τ	7/11 – 8/29*	\$42 / \$55
6002.130	F	7/07 – 8/25*	\$42 / \$55
6003.111	M	9/11 – 10/30*	\$42 / \$55
6003.112	Τ	9/05 - 10/24	\$48 / \$63
6003.113	F	9/08 – 10/27	\$48 / \$63

*No Class: 7/24, 7/25, 7/28 or 10/09

Chair Zumba aims to improve overall energy, core stability, muscular strength, cardiovascular endurance and motor skills. This class is specifically designed for people who find it difficult to stand for extended periods of time, those with limited mobility and anyone who wants a great seated workout!

Instructor: Dalya Markarian Location: Senior Center Day: Thursday Time: 10 a.m.

Ref. #:	Day	Dates	Res. / Non.	
6002.132	Th	7/06 – 8/31*	\$48 / \$63	
6003.114	Th	9/07 – 10/26	\$48 / \$63	

*No Class: 7/27



Explore the strength of your body, mind and spirit. Practice breathing techniques, stretching, balance and stability poses while sitting on a chair or standing using a chair for support. This is a great exercise for individuals that would like the benefits of yoga but do not want to get up and down off the floor.



Instructor: Elizabeth Wilk (Maria Marino Fitness Pros)

Location: Senior Center

Days / Time: Monday, Wednesday

& Friday at 9:30 a.m.

Ref. #:	Day	Dates	Res. / Non.
6002.122	M	7/10 – 8/28*	\$42 / \$55 New Day!
6002.123	W	7/05 – 8/30*	\$48 / \$63
6002.124	F	7/07 – 9/01*	\$48 / \$63
6003.115	Μ	9/11 – 10/30*	\$42 / \$55
6003.116	W	9/06 – 10/25	\$48 / \$63
6003.117	F	9/08 – 10/27	\$48 / \$63
*No Class:	7/24,	7/26, 7/28 or 10	/09



Revitalize your body, relax your mind, and reduce stress with slow, gentle poses that increase strength and flexibility. Bring a yoga mat and wear comfortable clothing. Exercises can be done on a yoga mat or adapted to a chair.

Instructor: Elizabeth Wilk

(Maria Marino Fitness Pros)

Location: Senior Center **Day:** Monday **Time:** 6 – 7 p.m.



*No Class 7/24

Arthritis Exercise

The Arthritis Exercise program may be designed specifically for people with Arthritis, but it is a great option for those without Arthritis as well! Participants will use gentle movements to help decrease pain, increase joint flexibility and range of motion while maintaining muscle strength. Exercising can be done standing or sitting in a chair.

Instructor: Kim Vitale **Location:** Senior Center

Days / Time: Monday, Wednesday

& Friday at 11 a.m.

Ref. #:	Day	Dates	Res./Non.
6002.115	M	7/10 – 8/28*	\$42 / \$55
6002.116	W	7/12 – 8/30*	\$42 / \$55
6002.117	F	7/14 – 9/01*	\$42 / \$55
6003.119	M	9/11 – 10/30*	\$42 / \$55
6003.120	W	9/06 – 10/25	\$48 / \$63
6003.121	F	9/08 – 10/27	\$48 / \$63

*No Class: 7/24, 7/26, 7/28 or 10/09

Tai Chi Chu'an

Tai Chi is a series of gentle physical exercises and stretches. Each posture flows into the next without pause, ensuring that your body is in constant motion. Tai Chi's deep breathing meditation techniques and slow movements can help relieve stress, increase flexibility, strength and improve feelings of overall well-being.

Instructor: John Marchewitz
Location: Community Center
Tuesday & Thursday
Beginner – 9:30 a.m.
Intermediate – 10:45 a.m.

Ref.# Beg	Ref.# Inter	Day	y Dates	Res./Non.
6002.102	6002.106	Т	7/11 – 8/29*	\$36 / \$47
6002.103	6002.107	Th	7/06 – 8/31*	\$42 / \$55
6003.122	6003.123	Τ	9/05 – 10/24	\$48 / \$63
6003.124	6003.125	Th	9/07 – 10/26	\$48 / \$63

*No Class: 7/18, 7/20, 7/25 or 7/27



ARTS AND LEISURE

Billiards



Monday - Wednesday* (*Thursdays beginning 9/07)



9 a.m. – 7:45 p.m. (except tournament days)

Thursday, Friday & Saturday 9 a.m. – 4:45 p.m.

Our billiards room features three 8-foot tables that are open for drop-in play most days. Pool cues are available or bring your own. Please read house rules located on the wall in the billiards room before playing. All skill levels welcome!

No Play 7/04, 7/24 - 7/29, 9/02 or 9/04

Location: Senior Center

*Enter at gym doors after 5 p.m. & Saturday



Wednesdays, July 5 & 19, **August 2 & 16** and September 6 & 20

Billiard tournaments have been scheduled for the first and third Wednesday of the month and is open to men and women. The billiard room will be closed, except for tournament play, until 12:30 p.m. on tournament days. Players must be registered by noon the day before to be able to play, no same day registration.

Cost: \$3 Residents / \$5 Non-residents (members free) Bring \$2 on tournament day for play.

July 5 Ref. #: 6002.321 Aug. 2 Ref. #: 6002.323 Sept. 6 Ref. #: 6003.304 July 19 Ref. #: 6002.322 Aug. 16 Ref. #: 6002.324 Sept. 20 Ref. #: 6003.305

Location: Senior Center

Sit-n-Stitch

Wednesday, 12:30 - 7:30 p.m. Saturday, 11 a.m. - 3 p.m.



Do you knit, crochet, needlepoint or cross-stitch? If so, this group is for you. Just bring in your current project and take a seat! This is an opportunity to share



"purls" of wisdom, get ideas and enjoy the company of fellow textile artists. This is strictly a social group; there will be no formal instruction. Come check it out; this group is sure to keep you in stitches!

Location: Senior Center

Not meeting 7/26, 7/29 or 9/02

Model Builders

Monday, 9:30 a.m. - noon



New or experienced kit model builders are welcome to join this group. Work on your own projects: plastic, wood, metal, etc. No formal instruction will be given.

Location: Senior Center Not meeting 7/24 or 9/04



Monday & Wednesday,

1 - 4 p.m.

Novice and experienced carvers convene to whittle, chip and carve interesting projects. This group welcomes all!

Location: Senior Center

Not meeting 7/24, 7/26 or 9/04





Looking to get creative? Come to the Senior Center and join fellow crafters and take home your creation. Space is limited, registration is required.

Water Color Summer Field

Tuesday, August 15 at 10 a.m.

Learn how to paint a watercolor field of flowers.

Cost: \$3 Resident / \$5 Non-Resident (members free)

Ref. #: 6002.225

Location: Senior Center **Brought to the Center by:**





During each session, you will receive instruction to create a new stained glass project while learning how to cut glass, foil and solder to get a beautiful finished project to take home.

Instructor: Anita Ellison **Location:** Senior Center Time: 9:30 - 11:45 a.m.

Ref.# Day **Dates** Res. / Non. 9/07 - 9/28\$24 / \$32 **6003.210** Th 10/05 - 10/26\$24 / \$32 **6003.211** Th

September project: Fall Pumpkin October project: To Be Determined

Location: Senior Center



projects

Helping Hands Outreach Reaching Out and Giving Back!

The Senior Center loves to help others (especially those beyond our walls) and provides different opportunities throughout the year to get involved. If you find yourself counting your blessings and want to share with those less fortunate by giving a little of your time or by donation(s), then check out the list of current outreach items needed at the bottom of this page.

Helping the Homeless

Tuesdays, September 5 & October 3



from 4 – 8 p.m.

Tuesdays, July 18, August 15 & September 19 from 1 – 4 p.m.

Help prepare plarn (plastic yarn) that will be crocheted into mats for the homeless. Help us by sorting and cutting plastic grocery bags into strips. Plan to meet with us monthly to work on this effort.

Location: Senior Center

Helping Heroes Wednesday, September 6 at 11 a.m.

Volunteers sort donated items and fill care bags for the V.A. Hospital and Veterans Outreach food pantry. Volunteers must sign-up in advance to help. Call (586) 446-2750 if you can join us so we know how many to expect.

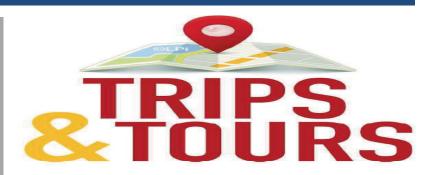
Location: Senior Center

Outreach items we are most in need of (*new items only*):

- Individually-wrapped toilet paper & paper towel
- Cleaning supplies all-purpose cleaner
- Tissue: full-size boxes
- Disinfecting wipes
- Dish soap and sponges
- Laundry detergent
- Deodorant

General Trip Information

- Resident registration for trips begins in-person and online at 2:15 p.m. on the day listed.
- Non-residents may register the next day at 2:15 p.m.
- Pricing listed is resident / non-resident.
- Dates and pricing are subject to change.
- Return times listed are approximate.
- If you need a wheelchair lift bus for any of our day trips, please let us know before registering as we need to check on the availability of that bus with the company.
- Trips that require tickets or other fees are non-refundable unless a suitable replacement can be secured at least one business day prior to departure.
- No refunds are given if canceled with less than 3 business days' notice.
- Travelers are to park in the northeast lot. This is the lot along the tree line near the gym.
- Each traveler must visibly wear the provided lanyard for the duration of the trip.
- Travelers must be checked in at least 15 minutes prior to departure.
- Check-in will begin 1 hour prior to departure.
- Trip itineraries and meal choices are subject to change. When possible, travelers will be alerted prior to departure.



Destination **Departs**

07/10/23	FireKeepers Casino
07/18/23	Eastern Market
08/09/23	Purple Rose Theatre: "A Jukebox for the Algonquin"
08/11/23	Blake's Sunflower Festival
08/14/23	Cranbrook House & Garden Luncheon Tour
08/22/23	Eastern Market
08/29/23	Detroit Riverwalk
08/31/23	Michigan State Fair
09/18/23	Traverse City Overnight Trip
09/21/23	International Auto Show
09/24/23	Hawaiian Adventure
Date TBD	"Funny Girl" at the Fisher Theatre
09/29/23	Senior Fun Festival at Lorenzo Cultural Center
10/11/23	Senior Discovery Day at the Toledo Zoo
10/12/23	Outdoor Adventure Center: Riverfront Railroads
10/19/23	Soaring Eagle Casino
10/25/23	Meadow Brook Theatre: "Ken Ludwig's Moriarty - A New Sherlock Holmes Adventure"
04/25/24	Treasures of Europe
09/11/24	Alaska Discovery
03/28/25	Spain's Classics

Endurance Level Key

To better assist travelers, trips are rated according to the level of endurance required.



Easy: Little walking. Ex: Going to a lunch or play.



Moderate: Walking with few breaks and some stairs.



Strong: Much walking, uneven surfaces, and /or multiple flights of stairs.

(Open)



Friday, August 11



Stroll through the sunflowers at Blake's Annual Sunflower Festival. Shop from 100+ artisans, walk to the Sunflower fields to cut your own sunflowers and enjoy endless photo opportunities. Join in free classes, hear various speakers on natural wellness, farming and gardening and more!

Cost	Depart	Return	Ref.#	Travel By:
\$15 / \$18	9:30 a.m.	2:15 p.m.	6002.439	SMART

(Open)



Monday, August 14



From exquisite gardens to a reflecting pool and a stunning Japanese Garden, you'll be enthralled with 40 acres of formal, woodland and naturalistic gardens. The manicured gardens provide the perfect backdrop to the Cranbrook House, a



National Historic Landmark and the oldest manor home in Metro-Detroit. Enjoy a lunch of pasta salad, chicken salad on a fresh croissant, chef's choice dessert, fresh brewed coffee, lemonade & iced tea.

Cost	Depart	Return	Ref.#	Travel By:
\$75/\$78	9:30 a.m.	2:30 p.m.	6002.437	SMART

(Opens Thursday, 7/13)



at the Fisher Theatre

(Opens Thursday, 7/13)

EASTERN MARKET

Tuesday, August 22



Join us for our last market trip of the summer! Tuesdays at the Eastern Market feature a sampling of the historic Market experience through the inclusion of farmers, flowers, produce dealers, specialty products and prepared food vendors. Please note that items purchased must be able to be stored between you and the seat in front of you or on your lap. The buses are not large enough for large buggies or wagons. As always, walkers are welcome!

Cost	Depart	Return	Ref.#	Travel By:
\$5 / \$8	10:15 a.m.	2 p.m.	6002.435	SMART

(Opens Thursday, 7/13) **Detroit Riverwalk**



Tuesday, August 29 🔼



Enjoy a walk along the beautiful Detroit River. Move at your own pace & distance. There is plenty of seating along the river front. Bring along money and to have lunch and/ or a snack at the Renaissance Center food court or bring a sack lunch with you for a picnic.

Cost	Dep	art Re	turn	Ref.#	Travel By:
\$5/\$	8 9:15	a.m. 2:15	p.m. 60	002.438	SMART

(Opens Thursday, 7/13)



at the Suburban Showcase in Novi

Thursday, August 31 🔈



It is Senior Day at the Michigan State Fair! Seniors will enjoy special programming, door prizes/drawings, special Senior Day vendors, giveaways, entertainment, airconditioned seating and time to walk around the fair on their own. The fair offers several full-service concession stands located throughout the interior exhibition halls. Outside, the carnival midway features much of the "fair food" that longtime fair-goers are accustomed to seeing.

Cost	Depart	Return	Ref.#	Travel By:
\$5 / \$8	8:45 a.m.	3:30 p.m.	6002.436	SMART

(Opens Thursday, 7/13)



Thursday, September 21



Experience North America's largest and most prestigious automotive showcase with more than 500 vehicles on display. See the most innovative designs in the world and the next generation of transportation. Please note that lunch will be on your own at the Auto Show. There is a small food court area in the TCF Center.

Cost	Depart	Return	Ref.#	Travel By:
\$17/\$20	9 a.m.	3:30 p.m.	6003.423	SMART

(Opens Wednesday, 8/02)



Wednesday, October 11



Visit the Toledo Zoo for Senior Discovery Day and see thousands of mammals, fish, reptiles, amphibians, birds, and invertebrates, representing 750+ exotic species from all over the world! From polar bears to penguins, from king cobras to corals, if you have a favorite animal, chances are you will find it here. Lunch will be a boxed choice of 1) chicken salad with mayo sandwich or 2) turkey and spinach wrap with lettuce, tomato, condiments, potato chips, apple, gourmet cookie and Coca-Cola beverage with each option.

Cost: \$26 Resident/\$31 Non-resident – Over 60 \$52 Resident / \$57 Non-resident – Under 60

Depart	Return	Ref.#	Travel By:
8:15 a.m.	4:30 p.m.	6003.424	CARRS

(Opens Wednesday, 8/02)

SENIOR FUN FESTIVAL at Lorenzo Cultural Center

Friday, September 29



Join us for a trip to Macomb County's largest senior expo! Enjoy wellness activities, give-aways and entertainment, take part in health screenings, get community resources and more!

Cost	Depart	Return	Ref.#	Travel By:
\$5 / \$8	8:45 a.m.	11:15 a.m.	6003.425	SMART

(Opens Wednesday, 8/02)

DNR Outdoor Adventure Center





Riverfront Railroads

Thursday, October 12



In the early to mid-1900's, the Detroit waterfront was a hub of industry served by rail lines. When issues arose with train crossings, the city decided to move the Dequindre rail line below grade – hence the Dequindre Cut! Alex Bogert, railroad aficionado and history buff, will share his knowledge and passion about the rail era that flourished here along the Riverfront for several decades. He will also bring photos and artifacts he rescued as the area began to undergo revitalization and reconstruction. Includes pastries, coffee and tea.

		Return Ref.#			
\$11/\$13	8:15 a.m.	12:45 p.m.	6003.422	SMART	

(Opens Wednesday, 8/02)



Thursday, October 19



Spend a day at Soaring Eagle Casino playing the latest games. You will receive \$20 in Premium Play; earn 600 points & receive \$10 in play, \$10 food (loaded onto card) and \$10 in Bingo bucks; driver tip is included. Valid identification required to receive free play.

Cost	Depart	Return	Ref.#	Travel By:
\$49 / \$54	9 a.m.	7 p.m.	6003.421	CARRS

(Opens Wednesday, 8/02)

Meadow Brook Theatre presents...

Ken Ludwig's Moriarty a NEW Sherlock Holmes Adventure!

Wednesday, October 25

Sherlock Holmes and Dr. Watson are back! An investigation into the Bohemian king's stolen letters cascades into an international mystery filled with spies, blackmail and intrigue. Faced with their toughest case yet, Holmes and Watson join forces with American actress Irene Adler to take down cunning criminal mastermind Professor Moriarty and his network of devious henchmen. This brand new adventure has danger and laughter around every corner!

Cost	Depart	Return	Ref.#	Travel By:
\$43 / \$46	12:45 p.m.	5:30 p.m.	6003.426	SMART





September 18 - 20



Cost: Single \$925 Resident / \$933 Non-resident Double \$748 Resident / \$756 Non-resident Triple \$724 Resident / \$732 Non-resident

Ref. #: 6003.420

Travel to the Cherry Capitol of the World and enjoy a stay at the Sugar Beach Resort Hotel. Explore the sights of the Sleeping Bear Dunes National Lake



Shore, shopping in downtown Traverse City, Mission Point Lighthouse, Left Foot Charley Winery and more! Enjoy a tour of Chateau Chantel Winery along with wine tasting, wine education and dinner. Day 2 enjoy dinner at Boone's Long Lake Tavern with a choice of 1) Prime Rib 2) Chicken or 3) Whitefish. This 3-day trip includes 2 breakfasts (at the hotel) and 2 dinners.



New Extended Travel Offerings:

ALASKA DISCOVERY

September 11 - 22, 2024

\$5,499 Double \$8,299 Single with air from DTW.

SPAIN'S CLASSICS

March 28 - April 8, 2025

\$4,749 Double \$5,649 Single with air from DTW.

Information on both trips will be available mid-July online at **myshpr.net** and at the Senior Center. Registration for these trips is directly through



- Blake's Cider Mill
- Great Lake's Crossing Mall
- Christmas Luncheon at Buhl Estate

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Have our newsletter emailed to you.



VISIT WWW.MYCOMMUNITYONLINE.COM



Registration Form

Head of Household (First & Last Name):			Date of Birth: _	Male	/ Female
Address:				Apt #:	
City:	Zip		Email:		
Phone: (Primary)	(Secondary)		(Other)	
Emergency Contact #1 (Required)		Emerg	ency Contact #2 (Required)- A	lot living in house	hold
Name:Relation	on:	Name:		Relation:	
Primary #: Alt. #	t	_Primary	/#:	Alt. #:	
Participants Name	DOB	M/F	Program Name & Activi	ty Number	
					\$
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				Total Due	\$
Payment Method: □ Cash □ Che	ck manable to T		or City Of Starling Hain	h+c #	Charge
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I have read and understand the terms of this both myself, and my child or ward, whose na waivers and releases fully apply to my child o up important legal rights both on behalf of m I have had sufficient opportunity to read this I hereby warrant and represent that if I am ne to execute this Waiver, Release and Assumptithat it is determined I do not have the author any and all claims, actions, penalties, causes of I acknowledge I have read and understand the	Agreement and u me(s) is listed about ward as if I was to myself and my chill entire document. either the Child's F ion of Risk Agreen rity to execute this of action, services,	nconditore. All street	ionally agree to its full terms such terms, statements, warr cipant. I understand that, by id regarding potential rights ead and understood it, and I or legal Guardian, I have bee and on behalf of, the Child's nent on behalf of another, I a similar expense.	s, waivers and relea ranties, notices, rep r signing this Cons and claims agains l agree to be boun on granted the exp s Parent or Guardia agree that I shall be	oresentations, ent, I am giving t the City, if any. d by its terms. ressed authority an. In the event e solely liable for
Participant or Parent/Guardian Signature	1	Date	Name (Print)		DOB
I do not wish to have pictures of myself	f, child, or legal g	uardian	used for departmental use	e, including public	
Office Use Only: Clerk Date_		A	rrival Time: AN	I/PM Pymt Metho	od



The "Fifty Plus Post" is available free of charge at the Senior Center and other City offices. To have the "Fifty Plus Post" mailed to your mailbox, please return this completed coupon along with a check or money order for \$13 Resident/\$19 Non-resident, for a one (1) year subscription.

Make checks payable to: **Treasurer, City of Sterling Heights. Please print clearly!**

Mail to: Name and Address:

Sterling Heights Senior Center Attn: Fifty Plus Post 40200 Utica Road

Sterling Heights, MI 48313



Main Center Phone: (586) 446-2750 Mon. – Fri. 9 a.m. – 1 p.m. & 2 – 5 p.m.

E-mail us at:

seniorcenter@sterling-heights.net

Location: 40200 Utica Rd. Entrance is on Utica Rd. one block East of Dodge Park Rd. between 17 Mile & Dodge Park Rd.

Mailing Address:

Sterling Heights Senior Center 40200 Utica Road Sterling Heights, MI 48313

Cancellation Hotline: (586) 446-2693

The Sterling Heights "Fifty Plus Post" is published quarterly by the Sterling Heights Senior Activity Center, part of the City of Sterling Heights Parks & Recreation Department. Its purpose is to inform individuals age 50 and beyond about recreational opportunities. The "Fifty Plus Post" is available for pick up quarterly at the Center or online at www.myshpr.net and www.mycommunityonline.com.

Although we do our best to ensure that all information in this publication is accurate, errors occasionally occur and/or last-minute changes in programming may be necessary. We apologize for any inconvenience and thank you for your patience and understanding.

Other Helpful Information:

Area Agency on Aging 1-b: (800) 852-7795 or aaa1b.com

GFL (refuse disposal): (844) 464-3587 or

gflenv.com/gfl-locations/sterling-heights

Lakeshore Legal Aid: (888) 783-8190 or lakeshorelegalaid.org

Macomb Community Action: (586) 469-5228

(Loan Closet, Home Chore Assistance, Meals on Wheels,

Dining Senior Style, Senior Project Fresh)

Macomb Food Program: (586) 469-6004

Medicare/Medicaid Assistance Program: (800) 803-7174

City of Sterling Heights:

Animal Control: (586) 446-2879 Community Relations: (586) 446-2489 Department of Public Works: (586) 446-2440

Medication Disposal Box: Available 365 days a year in the lobby of the Sterling Heights Police Department

(40333 Dodge Park Rd.)

Parks and Recreation: (586) 446-2700 or myshpr.net

Public Library: (586) 446-2665 or shpl.net

Parks & Recreation Senior Center Staff

Parks & Recreation Director: Kyle Langlois **Recreation Superintendent:** Kristen Briggs

Recreation Specialist: Jennifer Rizzo

Front Office: Jeff Babbitt, Bozena Saladiak and Katie Neifer

Program/Office Assistants: Leona Cross, Kim Schudlich, Jean Volos, Roy Vultaggio, Linda Jaskiewicz, Janet Herrmann, Linda Krieger, Connie Meador, Angela Rashid, Maggie Prong, Carol Olson, Sherion Bounds and Tom Koller

Bus Drivers: Becky Stewart, Sharon Lautenbach, Ed Streling, Karen McClellan, Matt Finateri, Denise Berg, Susan Nihem, Joe Battaglia, Gerry Hoste, Matt Lockwood, Mark Czarnecki and Jerry Snelling

City of Sterling Heights Department of Parks and Recreation 40555 Utica Road Sterling Heights, MI 48313

OR CURRENT RESIDENT



September is National Senior Center Month and although the Sterling Heights Senior Center is something to celebrate, we would rather honor our patrons that make our Center such a vibrant and wonderful place to be! In September we will be kicking off a season of celebrations to highlight our members who are 70 and beyond. These patrons have been able to take part in our 50+ programming for at least twenty years and are shining examples of how staying active and engaged in the community helps you age well.

September we kick things off by honoring our Septuagenarians (ages 70-79). In October, we will turn our attention towards our Octogenarians (ages 80-89). November is typically a time to count blessings and our nonagenarian members (90-99) are part of ours; these individuals show us that it can be done. Keep an eye out for fliers and emails with details on events and how members can be involved.



We have over 1,500 members of the Sterling Heights Senior Center. There are 37 active Nonagenarians. Septuagenarians make up the largest group of members, over 500 strong!